

What is Lifestyle Redesign®?



Lifestyle Redesign® is the process of adding healthy habits into your daily life.

After an illness or injury, you might need to create new routines to help you live a healthy life every day.

Healthy habits can include eating healthy, exercising safely, managing stress, and many other things.

How to Join Us:

- Ask your physician for a referral
- Have reliable transportation
- Commit to a 12-week program



For more information please contact:

Occupational Therapy
Outpatient Services
900 Building, Room 9
Phone (562) 401-6847
TTY/TDD (562) 401-8450
Email: lifestyle@rancho.org

**Rancho Los Amigos National
Rehabilitation Center**
7601 E. Imperial Highway
Downey, CA 90242

If you suspect fraud or wrongdoing by a County employee, please report it to the County Fraud Hotline at (800) 544-6861 or www.lacountyfraud.org. You may remain anonymous.

Healthy Habits Every Day



Occupational Therapy
informed by

Lifestyle Redesign®



RANCHO LOS AMIGOS
NATIONAL REHABILITATION CENTER



What You Will Do:

Look at the things you do in your life every day.

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Make goals to add healthy habits and joyful activities into your daily life.

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Practice new habits and learn to handle any challenges.

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We offer both group and individual therapy.

Our Programs:

DIABETES

- Making healthier food choices
- Coping with stress and anxiety
- Managing blood sugar and medication

CHRONIC PAIN

- Practicing pain reducing activities
- Learning about daily balance and stress
- Exploring joyful activities

STROKE

- Preventing another stroke
- Exercising safely
- Making healthier food choices

SPINAL CORD INJURY

- Living long and healthy
- Maintaining your weight
- Preventing bone loss and diabetes

TRAUMATIC BRAIN INJURY

- Creating social relationships
- Increasing self-esteem and confidence
- Exploring new leisure activities

EPILEPSY

- Creating balance in your daily life
- Living independently
- Exploring productive activities

ARTHRITIS

- Managing pain and fatigue
- Exercising safely
- Learning to protect joints

Testimonials:

- "I liked the camaraderie and meeting new people and understanding each other. It's not like other classes that I go to. This is the best one because we actually have fun and do things like bowling and cooking." - Sal

- "We talked about ingredients and the stuff we need to prepare before we start cooking. We looked at tables to see what's in our food like how much fat, salt, and calories. I went to pick up some nutritional brochures from Burger King and shared it with my family." - Leatrice